

HIGHLIGHTS

April 2004

A Children & Youth Services Newsletter for Volunteers & Mentors of CYS-Project Together

Vol. XIV, No. 4



POISED TO BOWL A STRIKE!

Nearly 40 mentors and their matches tested their bowling skills last month at the first CYS-Project Together Mentor Outing of 2004. Please turn to page 5 to view more photos of this fun-filled day.



CYS-PT "Star" Volunteers To be Honored April 28

The annual CYS-Project Together Volunteer Recognition and Awards Ceremony is set for Wednesday evening, April 28, at the UCI University Club on the UCI Campus in Irvine. This year's theme is "Celebration of Stars" to honor the star quality of our nearly 200 past and present mentors and volunteers for their dedication and service over the past year. A special night of celebration, fun, and surprises are planned. Since seating is limited, invited guests are asked to RSVP to CYS-Project Together at 714-796-0100 or e-mail CYSPT@ochca.com no later than Friday, April 23.

Mentor Spotlight-Nicole Taylor

Experience Provides Life-Lessons for Young Mentor

"Mentoring has taught me a lot about giving, patience and perseverance," said Nicole Taylor, who has volunteered as a CYS Project Together mentor with the East Region since June 2001. "I started mentoring... because I wanted an opportunity to give to others in need. It has taught me to grow in my character, ...to be dependable... to be a young woman of integrity and teach the mentees the same."

Since she began with the program, Nicole or Nikki as she is often called, has been matched with 3 adolescent girls. "The first experience was amazing," said Nikki, recalling how she enjoyed seeing her mentee grow in her character and self-confidence.

She is currently matched with a teenager who is separated from her family and friends, and now lives with a foster family. According to the youth's therapist, Cheri Bard-Henoch, MFT, the teen needed someone to help her with her self-image, overcome obstacles and prepare her for independent living. With those goals in mind, Nikki has worked with the teen on ways to increase her social comfort so that she feels secure when interacting with others. Nikki is also focusing on skills to help her with her future transition to independent living.

"Nikki has been a wonderful friend and role model to this young lady and has introduced her to many new experiences," according to Veronica



Chavez, East Region CYS-PT Volunteer Coordinator. "Together they have had fun with fashion, makeup and hair design and are now making plans to join a Hip-Hop class, since they both love to dance. Nikki's enthusiasm, positive outlook and beautiful

smile make her a pleasure to be around." Veronica added that even when Nikki is faced with challenging mentoring situations, she doesn't let that dampen her spirits. She takes it all in stride and focuses on the positive aspects of any situation. Nikki also regularly contacts the teen's supervising therapist to discuss issues and share observations and has found that helpful and supportive.

The therapist is impressed with Nikki's willingness to explore new adventures with the girls she has mentored. "She took them to operas, something those young ladies had never experienced before," said Cheri, adding that Nikki would also take the

continued on page 2

INSIDE . . .

CYS-PT Mentor Challenge	Page 2
Calendar of Events	Page 3
There's More Than One Way to Hug a Child	Page 4
March Mentor Outing	Page 5

National Volunteer Week is April 18-24

The contributions of volunteers will be recognized in ceremonies across the U.S. during National Volunteer Week, April 18-24. This year's theme, "Volunteers Inspire By Example" sets the stage for national, regional, and local organizations to applaud the efforts of men, women, and young people. It also serves to encourage others to help solve serious problems through volunteer efforts. The Points of Light Foundation and Volunteer Center National Network sponsors the annual weeklong event.

"President George W. Bush recently stated that 'Americans are doing the work of compassion every day...and these good works deserve our praise,'" said Robert K. Goodwin, president and CEO of the Points of Light Foundation. He added that "National Volunteer Week is an excellent opportunity to salute our unsung heroes and

encourage others to get involved."

Goodwin added, "Volunteering is not just nice, it's necessary." According to the Independent Sector's 2001 Giving and Volunteering Survey, 83.9 million American adults over age 21 volunteered 3.6 hours per week in 2000, which was the equivalent of over 9 million full-time employees at a total assigned dollar value of \$239 billion. This number was based on the volunteer hourly rate of \$15.40 during the year 2000. The current dollar value of a volunteer hour is \$16.54. Assuming that the same number of volunteer hours were served in 2002 as in 2000, the total dollar value of volunteer time for 2002 is estimated at \$256.4 billion. The dollar value of volunteer time for 2003 has yet to be calculated.

This is the 30th annual celebration of National Volunteer Week, which began in 1974, when President Richard

Nixon signed an executive order establishing the Week as an annual celebration of volunteering. Every president since has signed a Proclamation promoting the Week.



Mentoring Experience Provides Life-Lessons for Young Mentor

(continued from page 1)

girls out on Sundays, "when most mentors would rather be doing their own thing or be with their family."

However, Nikki wasn't always sure she was positively influencing her matches. "Sometimes it seemed as though I didn't know if I was making a difference," said Nikki. However, she decided to continue to give her time to these young women and remind them of how beautiful, talented and special they are. She now believes that it did make a difference in the long run.

"Nikki is a remarkable young lady," said Cheri, who in addition to supervising Nikki with her current mentee, has worked with her on a previous match. "She has overcome her own obstacles in the past to make her way in the world. She is always working to improve herself and I am amazed at how well centered she is at such a young age."

When asked what would make her experience with our program worthwhile, Nikki responded, "If I could get a child to feel they could confide and trust in me, that would make it all worthwhile."

Are You Ready to Take CYS-PT Mentor Challenge?

CYS-Project Together and Aspen Community Service mentors are an impressive group. On a weekly basis, more than 100 responsible Orange County adults volunteer to spend at least 4 hours of their free time with a child or teen just to be a friend and help the youth reach his or her full potential.

Mentors are exceptional people. They voluntarily give of their time and occasionally their hard-earned money, to help a child in need. They make the effort to let a child know an adult cares about them, regardless of the challenges the child may be facing. They model maturity, kindness and unconditional acceptance to the child they mentor and ask for nothing in return. For that and many more reasons, mentors are priceless... and CYS-PT needs more of these special individuals.

Throughout the month of April (National Volunteer Week), we are challenging each CYS and Aspen-Project Together mentor to submit the name of a friend, family member or work associate whom they believe would make a good mentor, to their Regional Volunteer Coordinator. Of course, it is a good idea to first consult with your potential mentor candidate, and perhaps provide them with the CYS-Project Together website address at www.ochealthinfo.com/behavioral/cyspt. If you believe this person would like to learn more about the program and discuss mentoring opportunities with your volunteer coordinator, please submit their name.

Amazingly, something so simple as referring a friend or family member to become a mentor, could have a significant and positive impact on the life of child forever.

APRIL 2004 Calendar of Events

The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults.

Friday -Sunday April 2-4

15th Annual America's Family Pet Expo
Orange County Fair & Exposition Center
88 Fair Drive
Costa Mesa
All Buildings and Grounds
www.petexpoooc.com

Entertainment and attractions featuring furry, feathered or scaly pets of all descriptions will be featured at this fun event. Activities include a petting zoo, pony rides, musical entertainment, pet adoption fair, workshops, a pet fashion show, a parade of dog and cat breeds and much more.

Time: Friday & Sunday
10 a.m.-6 p.m.

Saturday 10 a.m.-7 p.m.

Cost: Adults	\$9
Seniors (61+)	\$8
Children 6-12	\$4

***Saturday, April 3 Spring Time at the Orange County Zoo**

Orange County Zoo
1 Irvine Park Road
Orange
(714) 973-6847
www.ocparks.com/oczoo/

Join the zoo inhabitants in a celebration of spring. Activities include sheep shearing demonstrations, wool spinning and weaving demonstrations, children's crafts and face painting.

Time: 10 a.m.-2 p.m.

Cost: Event is free with zoo admission (\$1 per person)
Parking: \$4 weekends



***Saturday, April 3 Yorba Cemetery Tour**

Yorba Cemetery
625 W. Bastanchury Road
Placentia
(714) 973-3190
www.ocparks.com

All ages are invited to explore the past and present history of the Santa Ana Canyons area. Join docents as they tell the stories of Orange County's founding families buried in the Yorba Cemetery, which was founded in 1858 by Bernardo Yorba.

Time: 11:30 a.m.-12:30 p.m.

Cost: Free

Saturday, April 3 Dr. Willella Howe-Waffle House and Medical Museum Tour

120 Civic Center Dr.
Santa Ana, CA
(714) 547-9645

Explore the historic home of one of Orange County's first female physicians. Featured in this beautifully restored house are the medical instruments Dr. Waffle used to help deliver babies during the late 1800s.

Time: 12 noon-4 p.m.

Cost: Free-Donations Accepted

Saturday, April 10 Spring Egg Hunt

Tustin Sports Park
12850 Robinson St.
Tustin
(714) 573-3328

Entertainment and an egg hunt will be featured.

Time: 9 a.m.-11 a.m.

Cost: Free



Sunday, April 18 Creek Walk-Santiago Creek Week

Grijalva Park
368 N. Prospect
Orange
(corner of Spring and Prospect)
Meet at the Santiago Creek Greenway Alliance booth

<http://www.ocwatersheds.com/watersheds/santaanariver.asp>

Docents will conduct 30 to 45 minute tours along Santiago Creek.

Time: Starts at 1 p.m. with additional tours at 1:30, 2:00, 2:30 and 3 p.m.

Cost: Free



Sunday, April 18 Ecos de Fandango-Santiago Creek Week

Grijalva Park
368 N. Prospect
(corner of Spring and Prospect)
Orange

<http://www.ocwatersheds.com/watersheds/santaanariver.asp>

Dunaj, an International Folk Dance Ensemble, will entertain with an authentic re-enactment of romantic old California.

Time: 2 p.m.

Cost: Free

Sunday, April 18 Music in the Park-Santiago Creek Week

Grijalva Park
368 N. Prospect
(corner of Spring and Prospect)
Orange
(714) 744-5597

<http://www.ocwatersheds.com/watersheds/santaanariver.asp>

Play an instrument, sing, jig, and make music together "Hootenanny style" at this neighborhood family celebration. Bring a chair, sunscreen, friends, and an instrument!

Time: 3:30 p.m.

Cost: Free

Calendar of Events

(continued from page 3)

Sunday, April 18 Orange Rotary Car Show

Glassel and
Chapman
Old Towne Orange
(714) 633-8145

View 400 classic cars
displayed around the
Orange Circle and at-
tached streets near
the Plaza.

Time: 8 a.m.–4 p.m.
Cost: Free



*Saturday, April 24 Astronomy Night

Peter & Mary Muth Interpretive Center
2301 N. University Dr.
Newport Beach
(949) 923-2275

Join members of the Orange County As-
tronomers for an inspirational tour of the
night sky. This program is open to all
ages and will include a presentation and
observation with telescopes.

Time: 7 p.m.–9 p.m.
Cost: Suggested Donation: \$2



Friday-Sunday April 30–May 1 25th Annual Youth Expo

Orange County Fair & Exposition Center
88 Fair Drive
Costa Mesa
(714) 708-3247
www.ocfair.com

An educational expo featuring exhibits,
games, crafts, jazz festival, talent
search, science and engineering fair and
much, more.

Time: Friday 9 a.m.–3 p.m.
Saturday and Sunday
9 a.m.–4 p.m.

Cost: Free

**Mentors may use the Harbors Beaches &
Parks passes for entry and parking at County of
Orange facilities. Special events may have an
additional fee.*

Mentoring Matters

WELCOME NEW MENTORS

South/ Costa Mesa	Jeannie Chui
Laguna	Brenda Adams
East	Ana Gallardo
West	Jennifer Brandt Shannon Crotts Paulette Germanose

THANKS TO THOSE WHO HAVE MOVED ON

South/ Costa Mesa	Kristen Langston
East	Theresa Nakagawa
North	Heather Laird Jeanette Luevanos Melissa Robles

There's More Than One Way to Hug a Child...

The staff and clients of Children and Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Our affiliation with the Mental Health Association of Orange County allows us to accept and distribute community resources that are an important asset in the therapeutic process for all the children we serve. Each month, we extend our thanks and give recognition to our caring donors.

Albertson's Community Partners Boise, ID	Mark Gunderson Westminster
Disney on Ice Anaheim	Lee Lombardo Santa Ana
DVD Planet Huntington Beach	Susan Musila Garden Grove
Cindy Gill Corona	Ralphs Grocery Store Irvine
Sylvia Goldie Costa Mesa	Statek Corporation Orange

"We cannot always build the
future for our youth, but we can
build our youth for the future."

Franklin Delano Roosevelt

HAPPY BIRTHDAY

Jeannie Chui	4/2
Pat Lucas	4/6
Amy Niles	4/8
Sarah Lee	4/13
Jennifer Coombs	4/20
Denise Wagoner	4/23
Chona Boretti	4/23
Ozgun Tumer	4/29

HIGHLIGHTS

A Children and Youth Services Newsletter
for Volunteers & Mentors of CYS-Project Together

April 2004

Vol. XIV, No. 4

Published by:
County of Orange Health Care Agency/
Behavioral Health Services

Children and Youth Services/Project Together
405 W. 5th St., Suite 436
Santa Ana, CA 92701
(714)796-0100

CYSPT@ochca.com
www.ochcahealthinfo.com/behavioral/cyspt

Contributors to This Issue:
Nancy Robins
Veronica Chavez
Diane Prescott

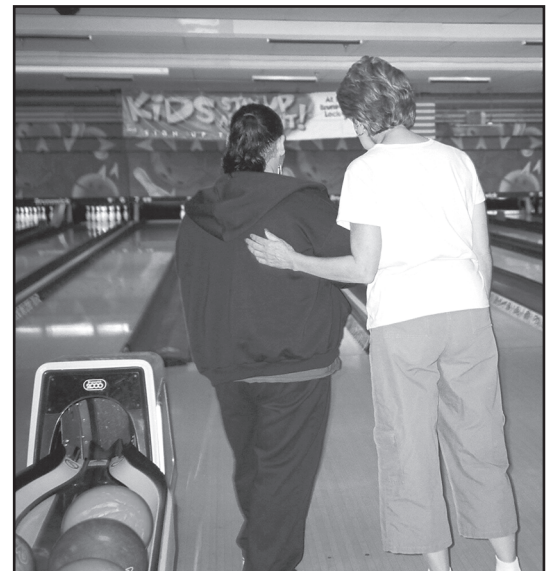
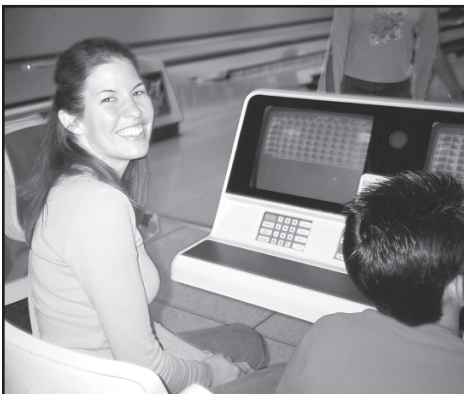
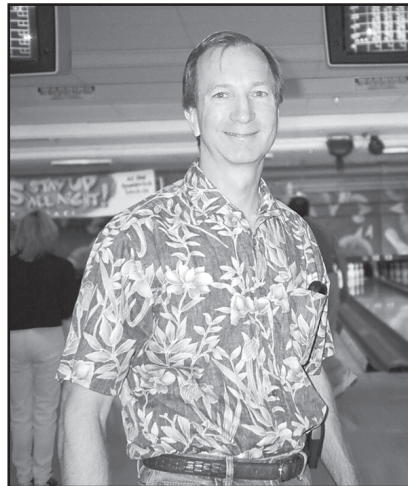
To submit an item for the Newsletter,
please call (714)796-0100 or email
cyspt@ochca.com.

March Mentor/Mentee Outing

Bowling + Pizza + Laughs = Perfect Day

Although it was early on a Saturday morning, there was nothing sleepy about the enthusiasm generated by nearly 40 mentors and mentees at they gathered at the Brunswick Orange Bowl in Orange for the first CYS-Project Together mentor outing of the year. Quickly the group got rolling as they sized-up the perfect bowling balls, found their shoes and divided into teams of four, (two mentors and their matches). Soon new friendships were forming, pins were falling and kids were cheering each other on as each ball found its way successfully down the alley (with the help of bumpers). In the midst of high-fives, several strikes and lots of laughter, each team played several games. The day ended with a delightful lunch of pizza and soda in the bowling alley's adjacent game room.

Pictured are mentors (right) Emanuella Sofroni, (2nd row, from left) Denise Wagoner, Bob Baker and Brenda Adams, (3rd row, from left) Stephanie Shelton, Michael Coffey and Pat Lucas with her mentee.



How to Contact Children and Youth Services—Project Together

General Information

Phone: (714) 796-0100
 Website: www.ochealthinfo.com/behavioral/cyspt
 Email: CYSPT@ochca.com

Central Staff

Sharon Modaff, Service Chief I (714)796-0100
 Nancy Robins, Program Supervisor I (714)796-0115
 Martha Murphy, Volunteer Coordinator (714)796-0121
 Peggy Evans, Volunteer Coordinator (714)796-0117

Regional Volunteer Coordinators/Resource Specialists

East—Veronica Chavez (714)480-6756
 North (714)577-5422
 South/Costa Mesa—Jonathan Schiesel (714)850-8444
 South/Laguna/Mission Viejo—Lee Boon (949)499-8614
 West—Diane Prescott (714)896-7509
 Aspen—Adrienne Davalos (714)565-2830

Mission Statement

CYS-Project Together is a volunteer mentor program dedicated to enhancing the mental and emotional well being of Children and Youth Services clients.



Graphic Design and Layout produced by the
 HCA Desktop Publishing Unit—a part of HCA
 Public Information & Communications

DTP947



County of Orange Health Care Agency
 Behavioral Health Services/Children & Youth Services

CYS-Project Together *Highlights*

405 W. 5th Street, Suite 436
 Santa Ana, CA 92701

